

Losing, Sacrificing, Suffering

By Christopher Rose

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Chapter 1: Christopher Liam Rose's Story - What I Have Lost

I wrote this spiritual book because I find it very important to lose, sacrifice, and suffer in life. This is a painful thing to experience in your life but once you have lost, sacrificed, and suffered, then you can live a life of meaning, value, and purpose. I believe if you go through many life experiences and suffer so much, then you can become who you want to be and live a life of your dreams and desires. I want to start this book by sharing what I have lost and hopefully by explaining what I lost, this will make you understand how important the work of helping other people is.

What I Have Lost

I am going to share the things that I have lost to make you understand that helping other people, having faith, and believing in Jesus Christ and God are very important.

- I lost my home and all of my possessions in a fire on 30/09/2014. Everything I had got taken always from me
- I lost my relationship with my ex-partners.

- I lost my motorbike on 29/05/2022 due to someone stealing my motorbike outside of my older brother's property
- I lost several jobs. I've been unemployed many times in my life
- I lost myself due to mental health conditions of schizophrenia, psychosis, and depression which completely ruins my life
- I lost my music business (SGR) due to the fire burning all of my music equipment
- I lost money
- I lost my Grandfather to death
- I lost my children due to abortion
- I saw a man lose his life due to an accident in Battersea where I live --with the man passing away in front of my eyes
- I lost all my degree qualifications and university opportunities due to dropping out of university to help other people
- I lost members of my family due to death
- I lost friends who I grew up with due to gangs, crime, and violence

Now with all these things I have lost in my life, it is very extreme and painful, but how was I able to deal with the loss? I will tell you. It was by having faith, Paul Dorrington, Karen Meechan, helping other people, and believing in Jesus Christ and God.

When you experience loss in life, it will only make you stronger and keep you focused on your life mission and purpose. I am not a

perfect human being and I have made mistakes in my life, but the main thing that my losses have taught me is to - **Help Other People, Give Back, and Make a Difference.** Also, it taught me to try my best to not let anyone go through what I have been through if I can help it.

My spiritual value for helping other people comes from two people who helped me when I was homeless. Their names are [Paul Dorrington](#) (Lead Employment Specialist) and [Karen Meechan](#) (Clinical Psychologist). They are the reason why I recovered from my mental health conditions and why I have been helping other people.

Losing = Gaining!

When you lose things in life, God has a way of making you gain more things from what you lost. That is what has happened to me. The more I lose, the more I gain.

Philippians 3.8

“What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ”.

The hardest thing to realise is it is more important to lose things to gain God in your life. Sometimes, losing certain things bring you closer to God. I want you to understand that ***IF YOU DON'T LOSE, YOU WILL NOT GAIN.***

Losing all of those things in my life made me become a *Spiritual Selfless Human Being* who wants to help other people and make the biggest difference to humanity, animals, and the universe.

I hope you learn from my story that you must suffer and lose to be a whole complete human being who is completely selfless and live a life of God and Jesus Christ (No Self).

In the next chapter, you will discover more about “Losing”.

Chapter 2: Losing

Matthew 10:39

“Whoever finds his life will lose it, and whoever loses his life for my sake will find it”.

In being with Jesus Christ and God, it is very important to remember that you have to lose yourself to gain Jesus Christ and God. But this is difficult for people in the world because of a very simple thing, ***“They always think about themselves and live a selfish life”.***

People don't understand the work of helping other people, giving back, and making a difference. You have to devote your whole life to the work. If you don't go through the process of losing yourself, you will never become 'Selfless' or discover the 'No Self'.

Jesus Christ and God want you to understand that sometimes in life, you will lose things to be closer with them but it is painful, hurtful, and can be very damaging in your life.

Life itself comes with loss and cannot be avoided because you will have to lose to gain things in your life. Sometimes people find it hard to deal with a loss, sacrifice, and suffering, but this could be the most **Spiritual Transformation Process** you will ever go through to make you more **Spiritual and**

Selfless and sometimes even more **Christ-like**.

If you don't understand that you will have to lose things to be the person you want to be, then you will live a life of true suffering without finding a way to deal with it. People are always suffering because they focus on themselves and the things they have experienced. I have always said, it is completely understandable but if you live like that, you will live a selfish life.

Loss is a part of life and the sooner you can deal with your losses, the better you will gain things in life. And if you get to the point where you can help other people with what you lost, then that will be amazing.

As you live your life, you have to remember to **LOSE**. People think that this is not important or it doesn't matter, but the truth is - you will have to lose to gain.

I will say now that you may not lose what I have lost because I had completely extreme life experiences. But you will lose something in your life and this is going to happen whether you like it or not because, like said, it's part of life.

I write this not to scare you, but to show that sometimes you may lose, so to prepare you for it:

- Losing Jobs
- Losing Friends
- Losing Family
- Losing Money

- Losing Pets
- Losing Relationships

These are just some of the things people may lose but you can prepare for it – if you develop your faith and honour your relationship with Jesus Christ and God. People often ask me, “You have been through so much pain and hurt in your life, how did you overcome it?” For me, it started when I received help from [Paul Dorrington](#) and [Karen Meechan](#). They taught me certain things about myself and helped me to find my faith in Jesus Christ and God. Then I built my relationship with Jesus Christ and God in my walk with them by helping other people and giving back. So the problems I have experienced have become rewards to me now that I have Jesus Christ and God in my life.

Loss is one of the most painful things to ever experience, but it can change you into a better person if you believe in Jesus Christ and God. Most people wonder why they cannot deal with their losses in life, it is because they don’t have faith or believe in God. I believe that if you don’t go through any loss, you cannot be with Jesus Christ and God, and this is true from my own life experiences.

Paul Dorrington and Karen Meechan are my heroes in life for helping me the way they did because I was homeless, had no faith, didn’t believe in God, and my life was at rock bottom. But with those two people having faith in me and believing in me, I started to turn my life around and build my relationship with Jesus Christ and God.

For me, it is because I have lost, that is what has driven me to do what I do.

Losing = Gaining!

Philippians 1:21

“For to me to live is Christ, and to die is gain.”

If you don't lose, then you will not gain Christ Jesus and God in your life. Some people would not understand this until they have lost something important to them, but it is one of the truths in life.

When you lose, you gain - but this is very hard for people to understand.

To make things simple in your life, honour Jesus Christ and God, and go through whatever **losses** you have experienced to **gain more things** in life. Of course, this will be different for many people and that is okay.

LOSE SOMETHING - GAIN SOMETHING MORE!

In the next chapter, you will get to learn more about 'Sacrifice'.

Chapter 3: Sacrificing

Hebrews 13:16

“Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.”

Sacrifice is very important in your **Spiritual life** because if you don't sacrifice certain things, you will not become the person you need to be for Jesus Christ and God. Sacrifice can be one of the most challenging things to do in life and can be one of the most transformational things to become who you want to be.

Through sacrifice, you will achieve power and significance. The sacrifice you have to make in your life to follow Jesus Christ and God can be costly and very painful but it is needed to build your Spiritual Life in God.

One of the biggest sacrifices I have made is to be helping other people and giving back. I remember this Sacrifice because it was so important and I need you to understand this now.

I was studying at the University for a Business Information Technology degree after I lost my home and all of my possessions in a fire. I was studying for this degree at Lewisham College which was part of Greenwich University. This degree was good but I found that I didn't want

to study it anymore due to having a passion and desire to want to help other people and give back.

So one day in Battersea, I was travelling home from College when a guy on his motorbike had an accident. This guy was in a critical condition and was fighting for his life. There was a huge crowd of people in the middle of the streets and then I make a serious choice - I wanted to help this man. So I came out of the crowd and started helping this guy. I remember me and a few professionals started working to save this guy's life. We tried our best to help this guy but unfortunately, the guy didn't make it and passed away on the streets. It was a painful experience to watch a guy lose his life in front of my eyes. And then I made the biggest choice in my life that day - **Helping Other People Full Time** and pursuing a career in the Mental Health Industry. I talked to my hero, Paul Dorrington on this day and he said to me to go for it.

From that day, I made the sacrifice to give up all of my university education, stop my degree, stop retail work, and go on the path of **Helping Other People and Giving Back**.

That sacrifice changed my whole life.

The reason I share this is that if I didn't choose to help other people full time, I would have not achieved the success, prosperity, and riches in my life.

Sacrifice is important to your Spiritual life and you have got to sacrifice something in your life.

These are some of the things you would need to sacrifice to help other people:

- Employment/Careers
- Family
- Time
- Friends
- Money
- Relationships

Sacrificing can be the difference between having true success, prosperity, riches, or having nothing. You have got to make a sacrifice in life to become successful, and of course, sacrificing is very costly.

If you do make sacrifices, you will become more successful, prosperous, and richer from it.

In the next chapter, you will learn more about 'Suffering'.

Chapter 4: Suffering

In life, it is important to suffer certain things because it develops your personality, characteristics, mentality, and behaviour. When you go through serious suffering and pain, you become more humble and stronger. Jesus Christ and God sometimes want us to suffer serious things to make us humble and become more resilient.

Suffering is part of your calling and life purpose because, without suffering, you will not develop the skills and qualities to help other people and give back.

1 Peter 5:10

“And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.”

The most honourable thing to do in your life is to go through serious suffering, hurt, and pain, and then overcome all of your adversities challenges, and problems, and then help other people with their problems and suffering. Sometimes the biggest learning comes from one own suffering and pain. When you have experienced massive hardship, pain, suffering, and struggle, this helps you to become more spiritual, humble,

empathic, and compassionate towards others.

Suffering is the key ingredient to becoming **Selfless and discovering the 'No Self'**. It is the sufferings you go through that make you more kind, caring, compassionate, and empathic towards others.

Suffering helps you to help other people and give back because you don't want people to go through what you have passed through.

Philippians 1:29

"For it has been granted to you that for the sake of Christ you should not only believe in him but also suffer for his sake,"

Suffering can be a very challenging thing to overcome and deal with, but I have always said that when you begin helping other people and giving back, this will help to heal your suffering and pain.

Suffering is very difficult and challenging but when you suffer, it can help you to find meaning, value, passion, and purpose.

I have suffered lots of adversities and problems but through everything I have experienced personally, I found meaning, value, passion, and purpose in helping other people and giving back.

If you can focus your suffering and pain on making a difference and contributing to others, then everything you have passed through in

life will give your true fulfilment, happiness, and joy.

Suffering brings out your hidden potential within you and helps you to discover who you are in life. Suffering also helps to develop your relationship with Jesus Christ and God.

When you suffer, you will become more giving and generous to humanity, animals, and the universe. It is the suffering that makes you want to give towards helping other people.

If you want to become successful, prosperous, and richer, then deal with your suffering and make sure you help other people through what they are suffering and going through.

Suffering = Passion!

You become a more passionate, kind, compassionate, and empathic human being once you have suffered certain things.

In the next chapter, you will learn about “Paying a Price”.

Chapter 5: You Have To Pay A Price

If you want to follow Jesus Christ and God, then you must have to pay a price to become a real follower of Jesus Christ and God. What is the price you have to pay? **Losing, sacrificing, and suffering.**

In losing, sacrificing, and suffering, you become an obedient servant of God and Jesus Christ and develop the skills and qualities to help other people and give back.

Paying the price is a must for your spiritual development and faith because with all the losing, sacrificing, and suffering you experience in your life, it makes you become completely 'Selfless' and make you discover the 'No Self'.

Paying the price can be a **Spiritual Transformation** within your life and it has so many hidden meanings and value to it.

Luke 9:23

"And he said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me."

Jesus Christ tells us in the scripture that if you want to follow the lord, then you must deny yourself, take up your cross, and follow him.

Paying the price will be the most challenging thing you will ever experience and I will list some things that you may have to experience to pay the price.

These are some of the prices you may have to pay to help other people and follow Jesus Christ and God:

- Breaking up from a relationship or divorce in marriage
- Losing money and finances
- Losing yourself
- Losing children
- Losing things that are very important to you
- Rediscovering yourself
- Losing material possessions
- Going through mental, emotional, and spiritual difficulties
- Sacrificing your education (school, college, or university)
- Sacrificing friendships
- Stopping yourself from doing sinful things
- Sacrificing yourself and becoming completely different
- Losing houses, cars, and other material things
- Going through serious pain, hurt, and suffering
- Think about others more than yourself
- Being an obedient servant of God and Jesus Christ
- Sacrificing yourself

These are just some of the prices you may have to pay to find your life purpose and passions in life.

For me, the ultimate price I paid was losing my home and all of my possessions in a fire. That fire incident nearly destroyed my life as I became homeless and was lost and vulnerable. But because I lost everything in my life, Jesus Christ and God gave me more things than I can ever dream of because I rebuilt my life in obedience as a servant of helping other people, Jesus Christ and God.

Dear reader, if you pay the price in your life today and go through losing, sacrificing, and suffering, then you will see a spiritual blessing that can only come from God and Jesus Christ.

The Lord blesses the people who go through the most pain, hurt, losing, sacrificing, and suffering.

Even in my own experience, I was going through a negative path when I was homeless until God and Jesus Christ sent me two people who have had the biggest impact on my life today, [Paul Dorrington \(Lead Employment Specialist\)](#) and [Karen Meechan \(Clinical Psychologist\)](#).

From homelessness to helping other people and giving back was because I met these two people who helped me and I paid the ultimate price of losing all things in my life.

That is why paying the price equals more contributions, differences, and impact on others.

It is paying the price that develops your 'Selflessness' and 'No Self' qualities and skills.

My serious advice to you is to **PAY THE PRICE TODAY, HELP OTHER PEOPLE, and GIVE BACK.**

By paying the price, you will see all of your dreams and desires come true, but sometimes you have to suffer before God show you your true potential, meaning, and value.

LOSE TODAY, SACRIFICE TODAY, SUFFER TODAY - AND THEN GO ON TO HELP OTHER PEOPLE THROUGH THE PRICE YOU PAY!

Paying the price will humble you and help you to help other people, give back and make a difference in people's lives.

The biggest price you have to pay - the more spiritual rewards you receive. In the next chapter, you will learn about "Living for Jesus Christ and God".

Chapter 6: Living for Jesus Christ and God

Living life for Jesus Christ and God is a true commitment to the person who does it. In living life for Jesus Christ and God, you have got to understand the word of God in the Bible and understand the scriptures. Living for Jesus Christ and God is a very important thing for your faith and spiritual life.

John 3.16

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

This scripture says that God so loved this world that he gave his only son Jesus Christ that whoever believes in him shall not perish but have eternal life. So you must believe in Jesus Christ and God to live a life that is worthy, meaningful, and valuable.

To live for Jesus Christ and God, you must do some things in your life to build your relationship with the lord.

Here are some things you need to do to live a life for Jesus Christ and God:

- Read the Bible (have your quiet time)
- Pray to God and Jesus Christ

- Be a part of a Church and attend regularly
- Be involved in the work of the ministry
- Help other people
- Be faithful
- Stop doing sinful things
- Repent and confess your sins to God and Jesus Christ
- Live a righteous life
- Become more Spiritual
- Learn about Spirituality
- Get baptised and become born again
- Don't break God's commandments
- Do evangelism
- Preach the word of God

If you can do all these main things, you will be living a life for Jesus Christ and God.

The highest honour you can experience in life is doing the work of ministries and honouring your relationship with Jesus Christ and God. There are many people in the world today who don't have faith and don't know God and as a person who lives for Jesus Christ and God, you need to help other people and bring them closer to their faith.

Please make sure you honour your relationship with Jesus Christ and God and do work in your life that honours the lord.

In the next chapter, you will learn more about "Spirituality".

Chapter 7: Spirituality

Spirituality is one of the most important things to understand in your spiritual life. In spirituality, it is important to become spiritual and help other people in what they are going through. Becoming spiritual and helping other people is a very important thing to do for your spiritual life and to honour your relationship with Jesus Christ and God.

Losing, sacrificing, and suffering are the ways you become completely spiritual and understand Spirituality.

What you lose, sacrifice and suffer will turn you into a Selfless Spiritual Human Being who helps other people and make a difference.

Galatians 5:22

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness”.

When you become spiritual, you will develop the qualities and characteristics of Christ Jesus and the Holy Spirit. This scripture explains that the fruit of the Spirit gives you love, joy, peace, patience, kindness, goodness, and faithfulness.

There is one important thing about Spirituality that will change you forever once you understand it, which is your **STATE** will become **COMPLETELY SPIRITUAL**. When your state changes into a spiritual nature, this is where

you find true Spiritual fulfilment, spiritual joy, and spiritual happiness in your life. Spirituality can be connected to when you become ANOINTED with the Holy Spirit because the Anointing and Spirituality are one and together in harmony.

When you become anointed, you will then be Spiritual!

There are different ways of changing your state into spirituality but the more important thing you can do is meditate and pray to God and Jesus Christ. The more you read the Holy Bible, meditate, and pray to God and Jesus Christ, the more spiritual you become.

Only the lord can give you the Anointing and Holy Spirit and this is something you must seek and find in your life.

If you don't become spiritual, anointed, or have the Holy Spirit, your life will be completely lifeless.

The Spirituality that comes from the Anointing is priceless and must be honoured at all costs.

1 John 2:20

"But you have been anointed by the Holy One, and you all have knowledge."

Luke 4:18

"The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed."

John 4:24

“God is spirit, and those who worship him must worship in spirit and truth”.

The Spirit of the Lord is the Spirit of Truth and Righteousness. The only way you can live this Spirituality and become a real spiritual person is when you lose, sacrifice, and suffer. It is going through pains, hurt, hardships, disappointments, and struggles that bring you closer to God and Jesus Christ and Spirituality.

Philippians 1:29

“For it has been granted to you that for the sake of Christ you should not only believe in him but also suffer for his sake.”

LOSING, SACRIFICING, AND SUFFERING ARE THE KEY TO SPIRITUALITY and ANOINTING WITH YOUR LIFE!

Dear Readers, my serious advice is that you become completely spiritual, focus your whole life on helping other people and giving back, develop your relationship with Jesus Christ and God, and do a spiritual practice (meditation/prayer).

When you become anointed and Spiritual, you will develop your whole life into helping other people and you will become completely ‘Selfless’ and live the ‘No Self’.

The No Self = Spiritual Life. In the next chapter, you will learn about “Faith.”

Chapter 8: Faith

Faith is about believing in God and Jesus Christ and building your relationship with them. When you have faith, you become a more spiritual and humble person. Faith is about believing in the unseen spiritual realms and believing in a higher power.

Your faith is the most important thing you have in your life and you must honour your faith every day of your life. Believing in Jesus Christ and God is everything.

Matthew 21:22

“And whatever you ask in prayer, you will receive, if you have faith”.

Romans 10:17

“So faith comes from hearing, and hearing through the word of Christ”.

Ephesians 2:8-9

“For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, 9 not a result of works, so that no one may boast”.

Proverbs 3:5-6

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your

ways acknowledge him, and he will make straight your paths”.

These are some of the ways you can develop your faith and relationship with Jesus Christ and God:

- Read the Holy Bible daily
- Prayer to God
- Mediate on the Word of God
- Go to Church
- Go to Spiritual Places
- Listen to Gospel and Christian Music
- Listen to Sermon and Preaching
- Listen to the Holy Bible (Audio)
- Be with Christians and worship together
- Spend time alone with God and Jesus Christ

If you do these things to develop your faith and relationship with Jesus Christ and God, you will become a faithful Servant of the Lord and become more spiritual and humble.

Remember, Faith is everything and you must develop it daily.

I want to say thank you for reading this book. I hope it will serve you in your walk with God and Jesus Christ, and I hope you will understand now how important losing, sacrificing, and suffering is to the lord.

I would like to thank the people who have inspired me to write this spiritual book and I honour these people in my life.

- Paul Dorrington (Lead Employment Specialist)
- Karen Meechan (Clinical Psychologist)

- Dag Heward Mills (Founder of Lighthouse Chapel International)
- Samaritans Volunteers

This book was truly inspired by **Dag Heward Mills' Book** - *Losing, Suffering, Sacrificing, and Dying*.

Dear readers, I pray that the Lord will bless you, and hopefully, you can all help other people, give back, make a difference, and contribute to people's lives.

Other Christopher Liam Rose's Books:

- 1) Christopher Rose's Life Story
- 2) Be What You Want To Be
- 3) The 15 Successful Habits
- 4) Selfless
- 5) Anointing
- 6) Life Purpose
- 7) Helping Other People
- 8) Giving Without Receiving
- 9) Fulfilment
- 10) Learn
- 11) It Is Not The Problems That Make You Who You Are, It Is The Person You Become That Make You Who You Are
- 12) The Evangelism Ministry
- 13) Learning Is A Part Of Living
- 14) The Self Is The Problem
- 15) I Don't Want
- 16) No Self
- 17) Miracles
- 18) Christopher Liam Rose Journal 2015 - 2016
- 19) (Living With Jesus Christ and God) - Christopher Rose Journal 2016 -2017

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